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New command chief arrives at HQ PACAF

Command's top enlisted hails from 11AF

By 1st Lt. Christina Hoggatt
Pacific Air Forces Public Affairs

HICKAM AIR FORCE BASE, Hawaii – Chief Master Sergeant Rodney J. McKinley took over as the Pacific Air Forces command chief this month. Chief McKinley replaces Command Chief Master Sergeant David Popp, who left to be command chief for Air Combat Command.

As PACAF command chief, Chief McKinley serves as the principal consultant to the PACAF commander on all enlisted issues.

His responsibilities include keeping the commander apprised of all matters concerning the health, morale and welfare of all assigned enlisted people; and, coordinating with headquarters staff agencies, commanders and senior enlisted personnel on matters of administration and imple-

mentation of command policy.

Chief McKinley is no stranger to the PACAF mission; his prior assignment was the command chief master sergeant for Eleventh Air Force, Elmendorf Air Force Base, AK. There he served as the primary enlisted advisor to the commander, Alaskan Command, Alaskan North American Aerospace Defense Command Region, and Eleventh Air Force on matters of force utilization, morale, and welfare of enlisted members and their families assigned throughout Alaska.

He also previously served in the command while a crew chief for the 3rd Tactical Fighter Wing, Clark Air Base, Republic of Philippines, from 1987-1991.

Chief McKinley was born in Georgetown, Ohio, and is a 1974 graduate of Western Brown High School. He entered the Air Force in July 1974.

After his first enlistment, he took a break from the service in 1977 and attended college.

Chief McKinley re-entered the Air Force in 1982 and his wide dynamic experiences have spanned the medical, aircraft maintenance, and first sergeant career fields.

There are currently 55,700 military and civilian personnel in PACAF, serving at bases in Hawaii, Alaska, Guam, Japan and the Republic of Korea.

PACAF's area of responsibility extends from the west coast of the United States to the east coast of Africa and from the Arctic to the Antarctic, more than 100 million square miles.

The area is home to nearly two billion people who live in 44 countries. PACAF maintains a forward presence to help ensure stability in the region.

(Courtesy Pacific Air Forces Public Affairs)

Late bloomers



photos by Airman 1st Class Katie Thomas

Yokota community members enjoy the cherry blossoms on McGuire Avenue Sunday afternoon. The avenue has more than 140 cherry blossom trees along it that bloom for approximately one week each year in the beginning of spring. Dozens of the trees are located throughout the base. The Japanese hold festivals in honor of the cherry blossoms each year throughout the Kanto Plain. Inset, cherry blossom close-up.

Motorcycle safety wing's spring priority

Safety officials advise riders on equipment, conduct

By 1st Lt Ben Alumbaugh
374 Airlift Wing Public Affairs

With cherry blossoms in full bloom, the arrival of spring is officially here. The warmer weather has members of Team Yokota breaking out the barbecue grills, putting down the convertible tops and enjoying as many outdoor activities as possible.

For some, the warmer weather also brings the urge to head out on the highway on a motorcycle. With that urge also comes a responsibility.

"According to the National Highway Traffic Safety Administration, a motorcyclist has a 28 times greater chance of a fatality than a person in an automobile," Lt.

Col. Cecil Medina, 374th Airlift Wing chief of safety. "That number plays a big role in Pacific Air Forces' and the Air Force's importance on motorcycle safety."

The 374th Airlift Wing is stressing motorcycle safety now to help the regular automobile drivers and the motorcycle drivers on and off base.

"Even though there are plenty of riders out there doing the smart and right things," said Colonel Medina. "What we're trying to do is drive home the point that although you might be doing all the right things, accidents still happen."

"Visibility of the motorcycle to other drivers is a function of the rider's skill, technique and the ability to make him or

herself visible," said Staff Sgt. Gregory Veil, 374th Airlift Wing maintenance squadron and a motorcycle rider.

Bright clothing, reflective vests and proper lane positioning are critical to being seen; however, the lack of being seen by other motorists only presents a partial threat to motorcyclists.

Hazards such as potholes, large bumps, uneven pavement, hot tar, sand, loose gravel, wind, rain and hail usually mean nothing more than a dented bumper for a car or truck. Those same hazards to a bike rider can embody death or paralysis.

The Air Force requires motorcycle riders to obey operational and protective equipment requirements and standards of conduct.

Operational requirements:

- ✓ Headlights must be on.
- ✓ Vehicle must have rear-view mirrors.

Required personal protective equipment:

- ✓ Properly fastened protective helmet.

- ✓ Properly worn eye-protective device.
- ✓ Sturdy footwear.
- ✓ Long-sleeved shirt or jacket.
- ✓ Long-legged trousers.
- ✓ Full-fingered gloves.
- ✓ Brightly colored or contrasting vest or jacket as an upper garment during the day and a reflective garment during the night.

Standards of conduct:

- ✓ Obey the posted speed limits at all times.
- ✓ Drive according to road and weather conditions.
- ✓ Accomplish mandatory training.
- ✓ Maintain proper bearing and behavior.
- ✓ Never attempt to operate the motorcycle beyond your or its capabilities.
- ✓ Never operate a vehicle while intoxicated.
- ✓ Never let anyone ride your motorcycle who is not properly trained.



Not your everyday in-flight sight

Pilots from the 459th Airlift Squadron here were treated to a spectacular show from Mother Nature herself during a recent training mission. Mission commander Capt. Ryan Boyle and co-pilot 1st Lt. Robert Ford, both C-21 Learjet pilots, were performing a Global Positioning System approach training flight to Andersen Air Force Base, Guam when they were notified of a natural hazard that postponed the mission. The pilots stayed overnight at Kadena Air Base, Japan on Okinawa then continued the mission successfully the following day. They also got a view of the hazard that had halted their training the previous day: a volcanic explosion on a small island called Mount Anatahan, located northeast of Guam. "Flying into volcanic ash is prohibited by Air Force Instruction and common sense, but the next day we safely overflew the volcano enroute to Guam," said Captain Boyle. The volcano was located directly in the pilots' flight path, causing the delay, said Lieutenant Ford. The officers said it was the first time they have ever encountered a hazard of this nature. (courtesy photo)

Chatting on Air Force Portal requires discretion

By Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON – Airmen are chatting it up in growing numbers using the Air Force Portal's instant messaging service.

But recent inappropriate comments made by some Airmen in chat rooms led officials to clarify responsible communication over the service.

"The majority of the 7,000 plus Airmen using (Air Force Instant Messenger) in a given week are using it exactly as it was intended," said Maj. David Gindhart, Air Staff lead for the portal. "Unfortunately, a

small group of individuals forgot that our core values, military decorum and professionalism still apply when in a chat room."

It is no different than having a conversation on or off base, whether in uniform or not. Airmen cannot forget who they are talking to and that they are representing the Air Force, he said.

Certain controls and conditions have also been added, officials said. A warning banner reminds Airmen they have no expectation of privacy and use of the system is consent to monitoring. The service is limited to official and authorized appropriate use and cannot contain classified information or operational security information.

lowers users to report misuse, but other forms of monitoring will take place, officials said.

Besides defining inappropriate use, officials listed specific prohibitions:

- ⇒ Activity that causes system degradation.
- ⇒ Inappropriate or offensive material.
- ⇒ Illegal activities.
- ⇒ Sexually explicit or sexually oriented material.
- ⇒ Business, fundraising, lobbying or political activities.
- ⇒ Abuse of intellectual property rights.

Chats may be logged, creating an official record. A self-monitoring system al-

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- ⇒ Abuse of intellectual property rights.

(Courtesy of Air Force Print News)

Air Force standardizing warfighting command, control: WASHINGTON –

Air Force officials have integrated lessons learned from past conflicts to develop and implement a new concept for command and control of the service's fighting forces.

The result is the establishment of regionally or functionally aligned Air Force warfighting headquarters worldwide.

"A warfighting headquarters will provide an infrastructure so Air Force commanders can better command and control the air, space and information forces assigned or attached to the unified combatant commanders in each theater," said Brig. Gen. Eric J. Rosborg, special assistant to the Air Force vice chief of staff for warfighting headquarters implementation.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Medical readiness instructors receive new C-130 trainer: SHEPPARD AIR FORCE BASE, Texas (AFPN) – The next improvement to training medics at the 381st Training Squadron's medical readiness flight here has landed -- sort of.

The flight received a C-130 Hercules on April 2 that will enhance medical evacuation training for medics scheduled to deploy. Giving medics an "as real to life as possible" look at what evacuations are like in the field will prepare them for deployment. That is why it was important to get a trainer that was close to the real thing, said Maj. Tammy St. Amand, an instructor at the medical readiness site and lead project officer for getting the C-130.

'Operation Purple' summer camp registration begins today: WASHINGTON (AFPN) – Registration for

"Operation Purple" summer camps for children of deployed servicemembers begins today on the National Military Family Association's Web site.

The 22 Operation Purple camps provide summer camp experiences for more than 2,000 children whose parents are deployed in the U.S. armed forces. Commercial funding allows children to attend the camp for free.

Association officials said Operation Purple is the only summer camp program that focuses on helping children deal with deployment-related issues, and it is open to children of servicemembers from all branches of the U.S. armed forces. Applications will be available online April 15 through May 15 at www.nmfa.org/site/PageServer.

AD

TSP open season runs through June

RANDOLPH AIR FORCE BASE, Texas – Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the “open season” April 15 - June 30.

“TSP is a long-term retirement savings plan, which everyone should consider,” said Jackie Holland, task manager at the Air Force Personnel Contact Center here. “It’s a great supplement to military and civilian retirement plans.”

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons, said Janet Thomas, of AFPC’s civilian benefits and entitlements service team.

The five TSP funds are: the Government Securities Investment Fund; the Common Stock Index Investment Fund; the Fixed Income Index Investment Fund; the Small Capitalization Stock Index Investment Fund; and the International Stock Index Investment Fund.

For more information, visit the TSP Web site at <http://www.tsp.gov/curinfo/specint/LFC-Qs&As.html>.

(Information provided by Air Force Personnel Center)

Community to celebrate culture day

Sumo wrestling, taiko team among event performances

By 1st Lt. Warren Comer
374th Airlift Wing Public Affairs

Yokota Air Base celebrates the 3rd Annual Culture Day on April 29 with more than 25 performances.

The event gives the community an on-base opportunity to experience Japanese culture.

“Culture Day begins promptly after the wing’s enlisted promotion ceremony at 10 a.m. and will end around 5 p.m.,” said Maj. Ricardo Young, Culture Day committee chairman, “All military members, their families and Japanese employees are encouraged to attend.”

The event is classified as an

alternate-duty location and base civilian employees that wish to attend may do so without filing a leave request.

“A collage of local entertainers will perform to include professional Sumo wrestlers, taiko (drum) teams, classical Japanese dance artists, musicians and martial artists,” said the major. “A Chiefs versus Eagles sumo match will be held.”

Culture Day takes place in Hangar 15. There is limited parking around the hangar, the Kanto Express will modify its routes to

help bus people to the event.

Bus stops include the west housing parking lot near Bldg. 1296 and parking lot near the 730th Air Mobility Squadron’s maintenance facility, the Yokota Community Center’s Kanto Express bus stop and the Base Theater’s parking lot. Buses will run from 7 a.m. to 5:30 p.m. The bus will resume normal operations at 6 p.m.

The uniform of the day is civilian attire and battle dress uniforms for those who choose to remain in their work centers.

New medals for Iraq, Afghanistan service

WASHINGTON (AFPN) – Two new campaign medals announced April 7 recognize servicemembers for their contributions in Iraq and Afghanistan.

Defense Department officials announced the Afghanistan Campaign Medal and Iraq Campaign Medal for servicemembers who directly supported Operation Enduring Freedom between Oct. 24, 2001, and a date to be determined in the future or Operation Iraqi Freedom between March 19, 2003, and some future date.

The new campaign medals were established by presidential order for servicemembers who have been assigned, attached or mobilized to units

operating in these areas, officials said.

Until now, members deployed to Afghanistan and Iraq during the designated timeframes were awarded the Global War on Terrorism Expeditionary Medal.

“By awarding separate medals, we will recognize the specific contribution that our (servicemembers) have made in Afghanistan and Iraq,” said Bill Carr, DOD’s principal director of military personnel policy. “It’s appropriate that we present them with an award that truly honors their heroic service in these operations.”

Servicemembers with the Global War on Terrorism Expeditionary Medal remain qualified for it, and they may apply for the

appropriate new campaign medal as well.

Servicemembers may receive both of the new campaign medals if they meet the requirement for both awards. However, officials said, the qualifying period of service for one award cannot be used to justify eligibility for the other. One award of each of the new medals is authorized, as no service stars are prescribed.

No servicemember is entitled to wear all three medals for the same act, achievement or period of service, officials said.

For more information, contact the base Military Personnel Flight at 225-7228.

(Courtesy of American Forces Press Service)

AD

What Operation Iraqi Freedom is all about

Deployed MOS commander shares perspective from Iraq's own citizens

By Maj. Robert Jackson

374th Maintenance Operations Squadron

Nine Samurai warriors from the 374th Maintenance Group are currently deployed to Ali Base, Iraq supporting the stand-up of Squadron 23, the first post-war era Iraqi Airlift Squadron.

These Airmen are engaged in a unique and historic undertaking. Working side-by-side with Iraqi coalition partners, these Yokota Airmen have developed a deep respect and professional admiration of their Iraqi counterparts.

The daily commitment of Iraqi Airmen in the face of incredible challenges personifies the U.S. Air Force core value of "Service Before Self."

Iraqi airmen leave their families in Baghdad for weeks at a time to train on newly-gifted C-130E Hercules aircraft, Squadron 23's new flagship.

Meanwhile, families are left in the chaotic and dangerous neighborhoods of Baghdad. Thoughts and concerns for

family left behind weigh heavy on Iraqi Airmen's hearts. Moreover, these Airmen brave danger and the threat of violence against them and their families for serving in the military and cooperating with the Coalition.

Two weeks before Yokota Airmen arrived for their rotation, the brother of an Iraqi navigator was killed by insurgents. This was punishment for the navigator serving in the post-war Iraqi Air Force.

Iraqi Airmen lead a "double life." Most tell lies to friends, neighbors and even some family about where they go and what they do. This is necessary to protect them and their families from the actions of insurgents.

These Iraqi airmen brave all for country. They risk all for a chance to build a free, stable Iraq.

In talking with an Iraqi officer, I asked him, "What motivates you to take such risks?"

He replied, "It was a dream of mine to go back to the Air Force after the war. I never

thought it was possible. When I had the opportunity to go back, I consulted with my father."

The Iraqi officer asked his father, "What should I do?" His father simply said, "You have to go back. It is the right thing to do. If good people like you do not go back to the military, the bad people will."

The officer went on to say,

"Before, when an Iraqi would say they were in the military to serve the people or because they loved their country, it would be a lie. Most people served in the military for their personal

benefit or for the benefit of high ranking commanders."

"Now," he said, "for the first time military service feels like an honor. Loyalty to country feels more like a reality."

"Because of the double life I live, I cannot tell anyone what I do. Friends come up to me, not knowing about my present

activities, and they urge me to go back to the military. They say Iraq needs good people like me in the military to help ensure a good future. I long for the day when it is safe enough for me to tell them with pride that I am in the military and have been working all along to achieve a better future for Iraq."

The dedication of Iraqi

airmen such as this impresses me. Their dedication and self-sacrifice personifies the highest military principles and values. It is an example to all U.S. Airmen and a glaring reminder about what Operation

Iraqi Freedom is all about. It gives us a vision of what we are sacrificing for...why we leave love ones behind for extended deployments and why we risk danger accomplishing a tough mission in a hostile environment. It is the vision of freedom and the hope for a better tomorrow that drives us all.

"I long for the day when it is safe enough for me to tell [my friends] with pride that I am in the [Iraqi] military and have been working all along to achieve a better future for Iraq."

Iraq Air Force officer
Baghdad, Iraq

Common thread: AF family unites in tragedy

By Master Sgt. Randy Phelps

Air Force Special Operations Command Public Affairs

HURLBURT FIELD, Fla. (AFPN) – April 5 was both one of the saddest and proudest days of my life.

As a new member of Air Force Special Operations Command, one of my first duties was to travel to Royal Air Force Mildenhall, England, to help support the 352nd Special Operations Group after one of its MC-130H

Combat Talon IIs crashed in Albania during a joint/combined training exercise March 31. Nine of our fellow Airmen lost their lives.

I didn't know them, but yet, I did.

They were like you and me, serving our country with a belief that we're making a difference at home and around the world. In uniform, there is no difference between these nine Airmen and the thousands of other men and women who have given their lives in Iraq, Afghanistan, Kosovo, Panama or any other place American military members have gone to defend the interests of the United States.

We serve to protect others, and it helps forge a bond many people will never understand. I have felt it many times over the past 23 years, but never as strong as this day.

The base held a candlelight vigil. I would estimate several hundred men, women and children were there. Families of some of the lost Airmen stood alongside fellow squadron members and others from different units around the base. It was a

somber ceremony, and I couldn't hold back the tears as I watched people I'd never met grieve for their loved ones.

I wasn't alone.

My brothers and sisters, fellow Airmen and Department of Defense employees, were all around me. They were feeling the same pain, grieving for the families and coworkers. I realized again, that I belong to a family larger than I can imagine. And I'm truly blessed. I have a lovely wife and children. I'm also a proud grandfather. But, I have got thousands of brothers and sisters who understand the commitment, the sacrifice and the ultimate price some of us pay in our efforts to keep the world a little safer for our children.

It makes me proud of each and every one of us. I am proud of the families that continue to support us when we're called away for extended periods, to lands far away, in the defense of freedom.

But mostly, I am proud of my extended family in uniform. You leave the farms, cities and suburbs with a higher calling to serve. You sign up to defend your country, knowing that the job is inherently dangerous and could possibly claim the ultimate sacrifice. You do it despite the lower pay and multiple moves, uprooting your family every few years to start anew. Yet, there you are, standing next to me in good times and bad. I know I can count on you, and you know you can count on me. That is the difference.



photo by Airman 1st Class Cecil McCloud

A memorial was held April 6 at Royal Air Force Mildenhall, England for the nine Airmen killed in an MC-130H Combat Talon II crash. Capt. Todd Bracy, Capt. James Cronin, Capt. Gil Williamson, Capt. Surrender Kothakota, 1st Lt. Ray Owens Jr., Chief Master Sgt. Lawrence Gray, Tech. Sgt. James Henry and Staff Sgt. Patrick Pentico of the 7th Special Operations Squadron, and Tech. Sgt. Glenn Lastes of Det. 2, 25th Intelligence Operations Squadron were killed during a joint training mission with the Albanian military March 31.



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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DUI Prevention

April 6 - April 12	0
Total DUIs in April	0
Total in 2005	4

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Audiences slide back in time with 'Grease!'



photos by Airman 1st Class Katie Thomas

Above, Danny Zuko, played by Daniel Capps, and Sandy Dumbrowski, portrayed by Nicholle McNiece, wrap up their Rydell High School adventures in the final scene of "Grease!" with a rendition of "You're the One that I Want." The musical was performed by the Yokota Players, an on-base private organization that seeks to provide education, experience and entertainment in the theatrical arts to community members. The Players put on five performances of the two-hour musical.

By Airman 1st Class Katie Thomas
Editor

More than 1,000 Yokota community members agreed that the 1950s was the place to be last week.

The Yokota Players gave five two-hour performances of the classic musical "Grease!" April 6 through Sunday at the Taiyo Recreation Center.

The musical marks the group's first production for the year. Auditions were held in late January along with the first rehearsals.

More than 50 people attended the auditions ranging from first-time hopefuls to professional performers, said Dr. Bob Rosser, "Grease!" director and University of Maryland-University College professor.

The cast of 35 dedicated more than 150 hours of rehearsal time with four practices per week lasting approximately three hours.

The performance included live

music by volunteers from the U.S. Air Force Band of the Pacific-Asia here, bringing the musical to life, Doctor Rosser said.

"The musical went superbly well," said the director. "It was remarkable how well the ensemble worked together with talents ranging from first-time performers like Daniel Capps, who portrayed Danny Zuko, to stage veterans such as Nicholle McNiece, who played Sandra Dee."

"This musical marks an important achievement and moment for the Yokota Players."

The director also commended the professional choreography supplied by dance professional Deb Yuille.

The Players is an on-base private organization that aims to entertain, inform and educate the base community on the performing arts. For more information about the Yokota Players, e-mail the group at yokota_players@yahoo.com.



Left, "Teen Angel" Jamie Gilley tells Frenchy, played by Jennifer Plummer, to go back to high school in the classic song, "Beauty School Dropout." Bottom right, Kenickie (second from left), played by Josh Pastell, and the Burger Palace Boys tell their side of "Summer Nights" during the opening scenes of the musical.



AD

Off base

April 23-24: The 30th Annual Noge Street Performers' Festival will be held near Minato-Mirai. The area can be reached by taking the JR Keihin Kyuko Line to Hinode-cho Station. For more information, call 042-262-1234.

For more information about these events, call 225-7020.

On base

Movies

Today – *Son Of The Mask*, PG, 7 p.m., *Beauty Shop*, PG-13, 9:30 p.m.

Saturday – *Son Of The Mask*, PG, 2 p.m., *Beauty Shop*, PG-13, 7 p.m., *The Aviator*, PG-13, 9:30 p.m. (adults-only showing)

Sunday – *Beauty Shop*, PG-13, 2 p.m., *The Aviator*, PG-13, 7 p.m.

Monday – *Son Of The Mask*, PG, 7 p.m.

Tuesday – *The Aviator*, PG-13, 7 p.m.

Wednesday – *Beauty Shop*, PG-13, 7 p.m.

Thursday – *The Aviator*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. For more information, call 225-8708.

Farewell dinner

The 374th Airlift Wing is hosting a farewell dinner for command Chief Master Sgt. Robert Wicks at the Enlisted Club April 30 beginning at 6 p.m. The attire is casual. The cost is \$10.95 for club members and \$12.95 for non-members. Interested attendees should see their unit's first sergeant to reserve a seat.

Education

The University of Phoenix is beginning classes in business and

education April 21. Community members can sign up for classes beginning today. For more information, call 225-2496.

The University of Oklahoma is offering an on-site graduate program with ongoing registration 30 days prior to each class session. Classes are one week long. For more information about classes, call 225-3869.

Air Force Spouse Tuition Assistance applications are available for Term V at Base Training and Education Services. The applications must be turned in by April 29. For more information, call 225-7337.

Culture class

The Family Support Center is sponsoring a one-day Japanese culture class May 16 from 9:30 a.m. to 12:30 p.m. The class will feature kimono dressing, flower arranging, origami and culture lessons. For more information or to register for this free class, call 225-8725.

Traffic changes

The stop sign at Bobzien and Jones Avenues by the West Gate have been removed. There is no right turn entering through the West Gate into the west housing area.

LAN party

The Computer Users Group of Yokota is hosting a LAN party at the Yujo Recreation Center April 23 beginning at 4 p.m. For more information, visit the group's Web site at <http://www.cugy.net>.

Cub Scouts*

Cub Scout Pack 49* is holding its annual spring recruitment ice cream social April 28 at the Family Support Center beginning at 6 p.m. Youth in kindergarten to fourth grade are invited to come out

and join the scouts. For more information, call 227-4697.

Modeling fair

The K&M modeling fair is being hosted at the Taiyo Recreation Center Saturday from noon to 3 p.m. The fair is open to all ages. Appointments are not required. For more information, e-mail a_fearney@yahoo.com.

Volunteer recognition

The base will hold its annual volunteer recognition ceremony at the Officers' Club May 6 from 2:30 to 4:30 p.m. For more information, call the Family Support Center at 225-8725.

Scholarships

The Yokota Enlisted Spouses Club is accepting applications for its college scholarships. Eligible high school seniors graduating this year may apply. Applications are available at Yokota High School or can be sent via e-mail. The deadline for applications is April 29. For more information, e-mail debichick@yahoo.com.

The Honshu chapter of the National Defense Transportation Association is awarding scholarships worth \$250 to \$1,000 to mainland Japan high school students. Students should contact their school counselor for more information or to pick up a package. The deadline for submission is May 13.

The Officers' and Enlisted Clubs are offering a \$6,000 scholarship to high school seniors. Interested applicants can pick up an application and brochure at the club starting today. For more information, call 227-8820.

Adventure camp

Applications are available for the Parent/Teen Outdoor Adventure Camp held in Colorado Springs, Colorado from June 26 through July 3. The deadline for applications is May 2. The camp is for families of active-duty and Reserve Air Force members, their spouses and dependents ages 12 to 14. For more information, call 225-6793.

SANDBOX WARRIOR



OF THE WEEK



Tech. Sgt. Don Overstreet

Tech. Sgt. Don Overstreet, deployed from 374th Logistics Readiness Squadron, is this week's Sandbox Warrior of the Week.

Sergeant Overstreet is congratulated by Col. Mike Keltz, 386th Air Expeditionary Wing commander, and the wing's command Chief Master Sgt. Marty Klukas during a recent ceremony held for his distinctive accomplishments.

Appreciation lunches

The Enlisted and Officers' Clubs are hosting Administrative Professionals Day luncheons April 25 and April 27 respectively. To make reservations for these luncheons, contact the clubs.

Bazaars

The Yokota Enlisted Spouses Club* is hosting a spring bazaar at the Yokota Middle School gym Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 4 p.m. For more information, call 227-3318.

The Yokota Officers' Spouses Club* is hosting a spring Asian bazaar May 7 and 8 in Hangar 15. The club is seeking volunteers to help set up and tear down, and assist vendors with sales and customers. For more information, e-mail YOSCBazaarVolunteer@yahoo.com.

Meetings

The Yokota Korean-American Association* is holding a general membership meeting April 28 beginning at 6 p.m. in the Yujo Recreation Center. For more information, call 227-9581.

The FilAm Association* is holding a meeting and potluck at Darling Field April 23 beginning at 3 p.m.

The Asian-American Pacific Islanders Heritage Month Commit-

tee* meets every Tuesday at 11 a.m. at the Yujo Recreation Center. All community members are invited to attend. For more information, call 225-4126.

Chapel Schedule

Traditional (West) Chapel

Catholic: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Other faiths: Baha'i, Tuesdays at 7 p.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Other faiths: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon.

For more information on the chapel schedule, call 225-7009.

PO disclaimer

An asterisk (*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the U.S. Government, the Department of Defense, or the Department of the Air Force.

Did you know?

The *Fuji Flyer* is global. The newspaper is now available to the general public at <http://www.yokota.af.mil> and to military-only computers at <https://wwwmil.yokota.af.mil>.

AD

“Quotes” & Things

“People will look up at me and say, ‘Oh, my God,’ and I’ll tell ‘em, ‘No, I’m your center.’”

Chuck Nevitt,
on being 7’5”

Closures: The Par 3 driving range will be closed Tuesday and Wednesday from 7:30 a.m. to 5 p.m. for scheduled maintenance.

The natatorium and its fitness center will be closed Sunday from 6 a.m. to 5 p.m. due to a scheduled power outage. The facilities will reopen at 5 p.m.

Special Olympics: The 2005 Kanto Plains Special Olympics will be held at Bonk Field May 6 to 8. Volunteers are needed to help set and tear down the event, serve as translators, huggers, greeters, event timers and also input event data. To volunteer or for more information, call 225-8383 or e-mail maribel.harmon@yokota.af.mil.

Golf: Tama Hills is hosting a golf school every Wednesday through May 11. The cost is \$180 for SOFA-status personnel and \$270 for Japanese Nationals. The cost includes six lessons from professional golfers. For more information or to sign up, call 224-3426.

Tama Hills is hosting a club-fitting workshop with Doug Quirie May 10 through 15. Sign-ups begin today. The cost is \$50 for SOFA members and \$100 for Japanese Nationals. For more information or to sign up, call 224-3426.

Outdoor Rec: The base outdoor recreation center is hosting a free mountain bike ride around the local area April 23 beginning at 7:30 a.m. For more information, call 225-4552.



photo by Airman 1st Class Katie Thomas

Burning the midnight oil

Yokota community members hit the treadmills at the fitness center Tuesday night. The center is currently bunked up with the Natatorium in the east housing area while the center’s former building in north housing is being renovated. The Natatorium is also undergoing upgrades this month. Community members often have to wait for treadmills and other equipment to become available due to increased demand and limited facilities. Fitness center use is up approximately 30 percent at Air Force bases across the world, according to Chief Master Sgt. of the Air Force Gerald Murray. The demand reflects Airmen’s dedication to staying “Fit to Fight,” however he still challenges members to go above and beyond the current fitness requirements, said the chief. For more information about the fitness center or Natatorium and their services, call 225-6133.

Allergies pester base community

Help fend off symptoms with extra laundry, filters

By Maj. (Dr.) Mark LaShell
374th Medical Operations Squadron

Spring in Japan is always a beautiful time. However, allergy sufferers may say differently as they sneeze, sniffle, and rub their itchy eyes each bright sunny day.

This year’s spring allergy season has started and is in full swing.

Japan is experiencing its worst allergy season since 1995. The primary culprit is the Japanese Cedar tree, otherwise known as the Sugi tree.

Thousands upon thousands of Japanese Cedar trees were planted in Japan during the

1950s as part of a reforestation project and they are all now reaching maturation.

This year the trees started releasing pollen in mid-February. Over the past few weeks the pollen counts have been at record levels. The cedar trees will stop releasing pollen in early May.

For many base residents this may be the first time they have experienced allergies in Japan. It is not uncommon to develop symptoms after a year or so of exposure.

Community members can take the following steps to help reduce allergy symptoms:

✓ Change your clothes and

take a shower after you’ve been outside for a long time.

✓ Try keeping windows closed especially in the bedroom.

✓ Use air conditioning with filters.

✓ Don’t hang laundry outside to dry

✓ Stay indoors when the

pollen count is particularly high.

If symptoms persist, allergy medications may be needed.

A number of effective medications are available. If over-the-counter medication proves inadequate, community members can see their Primary Care Manager to discuss other treatment options.

‘Allergy medications du jour’

Several varieties and brands of allergy medication are available over the counter and by prescription:

Antihistamines: This medication prevents allergy symptoms by hindering the reaction a person’s body starts when exposed to allergens like pollen. A common side effect is drowsiness.

Decongestants: These prevent symptoms by shrinking nasal and blood tissue that is reacting to allergens. The drug can raise blood pressure but it is safe for long-term use.

Corticosteroids: This variety reduces inflammation, and prevents and treats allergies year-round, however it is mostly prescribed only to people with severe allergies or asthma.

(Courtesy of <http://my.webmd.com>)

AD